

Tapas

Specific Dietary Requirement Menu

¡We realised some time ago that Tapas lends itself very well to those with specific dietary requirements & then, when we thought about it even further, we began to appreciate how awesome it would be if we could create a menu that, with only a small amount of changes, could be accessible to as many people as possible!

¡As such, we're really proud of our ability to deal with dietary requirements, so, if there is anything that you're still unsure of as you're reading through the menu, please just ask! ¡Similarly, we've trained all the staff to be as knowledgeable about all our dishes as they can be, but, if they don't know, it only takes a quick question to the Chef to find a definitive answer!

¡We really hope that this helps to take the stress out of dining for you!

Love, The Tapas Team

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Vegan Menu: Pages 1 & 2

Menu for those that are Gluten Intolerant: Pages 3, 4 & 5

Menu for those that are Lactose Intolerant: Pages 6, 7 & 8

Please be aware that:

-This menu should only be used as a guideline for which dishes may or may not be suitable for you and, as such, please ensure that staff are verbally informed as to your specific requirements when ordering- especially on tables with a mix of diners that have dietary requirements & those that do not.

-Due to the nature & diversity of our kitchen any dish prepared in our fryers could come in contact with any number of ingredients not readily apparent or easily understood from reading this Menu, if you feel that anything you have read requires further clarity, please ask your server for more information.

Menu para Veganos/ Vegan Menu Para Picar/ To Get You Going

Pan	£2.00 Por Persona
Home Baked Sour Dough Bread Served with a Trio of Homemade Dips- Olive Oil & Balsamic Vinegar & Beetroot Hummus. Our Bread is Normally Served with a Manchego Cheese Infused Pesto, Please Ask for Yours to be Served with Basil Infused Olive Oil Instead (It's Just as Good!)	
Habas Fritas	£2.50
Crispy Roasted Broad Beans	
Kikones	£2.50
Crunchy Giant Roasted Corn Kernels	
Guindillas	£2.50
Pickled Spanish Green Peppers. An Aromatic, Enjoyable Heat	
Almendras de Valencia	£3.00
Salted Almonds from Valencia. Delicate & Sweet in Taste	
Banderillas	£3.00
Taking Their Name from the Torero's Spear, Banderillas are Small Skewers of Pickled Cucumber, Pickled Onions, Olives, Guindillas & Red Pepper	
Aceitunas	£3.95
Spanish Gordal Olives (¡The Rolls- Royce of Olives!) Marinated in- House	

Recomendamos/Our Recommendations

¡Match any of the Dishes from the Para Picar Section with the Drinks we've Selected Below for the Perfect Start to Your Meal!

Fino (Tio Pepe)	100ml Glass... £5.50
Jerez: Palomino: 15%	
¡Perfect with Olives & Almonds, Tio Pepe is the Ultimate Aperitif!	
Cava (Marqués de la Sardana)	125ml Glass... £5.50
Cava: Xarello/ Macabeo: 11.5%	
¡It Doesn't Need to Be a Celebration to Have a Glass of Fizz! ¡Go On, You Deserve it!	

Desde el Campo/ From the Land

Berenjenas con Miel	£4.95
Aubergene Crips. We Usually Drizzle Our Aubergene Crips with Honey but Please Ask for Yours To Be Served with Golden Syrup Instead	
Alcachofas	£5.50
Artichokes Tossed with Sun- Dried Tomatoes, Black Olives & Thinly Sliced Gherkin. Drizzled with Basil Infused Olive Oil & Balsamic Vinegar	
Ensalada de Aguacate y Garbanzos	£5.95
Fanned Avocado & Roasted Chick Pea Salad. With Red Onion, Toasted Almonds & Sesame Seeds. Drizzled with a Homemade Balsamic Reduction	

¡Please Turn Over for More of Our Vegan Dishes!

Page 1

Potaje de Garbanzos.....£6.50
Roasted Mediterranean Vegetable & Chick Pea Stew, Enriched with Moorish Spices

Pimientos de Padrón.....£5.95
Spanish Green Peppers, Pan Seared & Adorned with Maldon Sea Salt
;Beware some are HOT!

Espárragos y Cebolletas.....£7.50
Asparagus Spears & Whole Spring Onions, Char Grilled & Adorned with Romesco Sauce- An Absurdly Tasty Almond & Red Pepper Sauce from Tarragona in Catalunya
#;Our playful take on the AWESOME Catalan festival of Calçotada!#

Para Acompañar/Extras

Patatas Bravas.....£3.50
Crisp, Red Rooster Potatoes Topped with Bravas- Spicy Tomato Salsa

Patatas a lo Pobre.....£3.95
Pan Fried, Thinly Sliced Potatoes, Tossed with Onion, Garlic & Peppers

Postres/ Desserts

Helado.....£4.50
Swedish Glace Vanilla Ice Cream
Suitable for Vegetarians & Vegans, Swedish Glace is also Dairy Free, Lactose Free & Kosher
#;By far & away the best non-dairy ice cream we've ever tasted!#

Churros con Chocolate.....£5.50
;Sugared Spanish Pastries That Are Usually Accompanied By a Molten Hot Chocolate Dipping Sauce- Please Ask for Yours To Be Served with Golden Syrup Instead! (;It's Just as Good!)

Cafe/ Coffees & Teas

;We always have Soya Milk/ Coconut Milk in the restaurant so we can make any Coffee that you'd like with either Soya or Oat Milk instead of cows milk, please just ask!

Menu sin Gluten/ Menu for those with Gluten Intolerance Para Picar/ To Get You Going

Guindillas	£2.50
Pickled Spanish Green Peppers. An Aromatic, Enjoyable Heat	
Almendras de Valencia	£3.00
Salted Almonds from Valencia. Delicate & Sweet in Taste	
Banderillas	£3.00
Taking Their Name from the Torero's Spear, Banderillas are Small Skewers of Pickled Cucumber, Pickled Onions, Olives, Guindillas & Red Pepper	
Boquerones	£3.95
Artenaki Cantabrian Anchovy Fillets Marinated in Extra Virgin Olive Oil & White Wine Vinegar	
Aceitunas	£3.95
Home Marinated Spanish Gordal Olives	
Anchoas	£4.95
Uttery Delicious, Salt Cured, Artenaki Cantabrian Anchovy Fillets	
Embutidos	£7.95
A Platter of Martinez Somalo's Jamón Serrano Gran Reserva, Chorizo & Salchichon Ibérico de Cebo from Simón Martín & La Tradicion Semi-Cured Manchego Cheese. Designed for Two People to Share	

Recomendamos/Our Recommendations

¡Match any of the Dishes from the Para Picar Section with the Drinks we've Selected Below for the Perfect Start to Your Meal!

Fino (Tio Pepe).....100ml Glass... £5.50

Jerez: Palomino: 15%

¡Perfect with Olives & Almonds, Tio Pepe is the Ultimate Aperitif!

Cava (Marqués de la Sardana).....125ml Glass... £5.50

Cava: Xarello/ Macabeo: 11.5%

¡It Doesn't Need to Be a Celebration to Have a Glass of Fizz! ¡Go On, You Deserve it!

Desde la Dehesa/ From the Meadow

Morcilla de Burgos.....£6.75

Spanish Black Pudding, Pan Fried & Rested upon a Bed of Caramelised Red Onions & Topped with a Quail's Egg

++Perfectly Matched with a Glass of Amontillado (Del Duque, 30 Year Old Vintage) Sherry++

Chorizo.....£6.75

#¡Our Chorizo is made by Martinez Somalo, a family company in La Rioja with over 100 years experience making Chorizo so- as you can imagine- it's ridiculously good, so, we kept it simple!#

Char- Grilled Chorizo, Dressed with Aji- A Spiced, Roasted Yellow Pepper Sauce

¡Please Turn Over for More of Our Gluten Free Dishes!

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Tortilla con Sobrasada.....£6.75
 Traditional Spanish Potato & Onion Omelette with Layers of Munar Sobrasada (a Soft, Seductive Pâté Like Chorizo from Mallorca) & Manchego Cheese

Recomendamos/Our Recommendations

Below are two cuts of the INCREDIBLE beast that is the Iberian Black Pig! Free to forage amongst the dehesas (the acorn rich forests) that surround Salamanca in North Western Spain, this organic lifestyle lends itself to unbelievably tender, nutty cuts of meat that are near impossible to experience outwith Spain. We're proud to say that we've worked with this outstanding meat for over a decade now & it's entirely one of our passions, so, if you've never had an opportunity to taste it before, we urge you to take it as one of your dishes!

Secreto.....£9.95
 Secreto Comes from Between the Shoulder Blade and the Loin of the Iberian Black Pig & Has an Incredible- Almost Buttery- Texture to it when Griddled. To Compliment This, We Adorn it with Romesco Sauce- An Absurdly Tasty Almond & Red Pepper Sauce from Tarragona in Catalunya

Presa.....£12.00
 Presa Sits Between the Top of the Shoulder & Beginning of the Loin of the Iberian Black Pig- it's an AWESOME Piece of Meat, That is Akin to a Fillet Steak. We Griddle it to Medium Rare & Adorn it With a Homemade Mushroom Ketchup

Desde la Mar/ From the Sea

Pimientos del Piquillo Relleno de Ensaladilla.....£5.95
 Roasted Pequillo Peppers Stuffed with the Traditional Spanish Russian Salad of Potatoes Bound with Mayonnaise & Enriched with Tuna & Egg

Dorada.....£8.50
 Pan Fried Fillet of Sea Bream Topped with our BRILLIANT Manchego Cheese Infused Pesto

Gambas.....£8.95
 (4) Large Tiger Prawns. Char- Grilled in Their Shells
 #Ok...so...you've gotta peel them, but, trust us, these Prawns are so good that everyone in the room will be ordering them too when they see yours!#

Recomendamos/Our Recommendation

Ceviche.....£9.95
 Thinly Sliced Fillet of Sea Bass, Cured with Citrus & Topped with Red Onion, Mango & Pomegranate
 #Please be aware that this dish is cured, rather than cooked, so, if that doesn't sound quite like your thing, we'd most definitely recommend our Dorada dish from the top of the page!#

Almejas y Berberechos.....£12.00
 Fresh Clams & Cockles Steamed in a Manzanilla Pasada en Rama (Manzanilla Sherry), Herb & Saffron Infused Cream Sauce

Desde el Campo/ From the Land

Alcachofas.....£5.50
 Artichokes Tossed with Sun- Dried Tomatoes, Black Olives & Thinly Sliced Gherkin. Drizzled with Basil Infused Olive Oil & Balsamic Vinegar

¡Please Turn Over for More of Our Gluten Free Dishes!

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Pimientos de Padrón	£5.95
Spanish Green Peppers, Pan Seared & Adorned with Maldon Sea Salt ;Beware some are HOT!	
Ensalada de Aguacate y Garbanzos	£5.95
Fanned Avocado & Roasted Chick Pea Salad. With Red Onion, Toasted Almonds & Sesame Seeds. Drizzled with a Homemade Balsamic Reduction	
Potaje de Garbanzos	£6.50
Roasted Mediterranean Vegetable & Chick Pea Stew, Enriched with Moorish Spices	
Brûlée de Queso de Cabra	£7.50
Warm Goat's Cheese with a Caramelised Muscovado Sugar Top (¡so it Looks like a Crème Brûlée- See What We Did There!) & Served with a Peach Alioli Adorned with Pistachio Dust & Chilli	
Espárragos y Cebolletas	£7.50
Asparagus Spears & Whole Spring Onions, Char Grilled & Adorned with Romesco Sauce (an Almond & Red Pepper Sauce from Tarragona in Catalunya) Our playful take on the Catalan festival of Calçotada	

Para Acompañar / Extras

Patatas Bravas; or Patatas Alioli	£3.50
Crisp, Red Rooster Potatoes Topped with your choice of either Bravas (Spicy Tomato Salsa) or Alioli (Homemade Garlic Salsa). ; <u>OR</u> Both, Just Ask!	
Patatas a lo Pobre	£3.95
Pan Fried, Thinly Sliced Potatoes, Tossed with Onion, Garlic & Peppers	
Patatas de Lujo	£4.95
Crispy Skinny Fries, Topped with Shavings of Manchego Cheese & Drizzled with Truffle Oil... THEN Adorned with Black Garlic Alioli #Basically the sexiest portion of Chips & Cheese you'll ever eat!#	

Postres / Desserts

Helado	£4.50
Swedish Glace Vanilla Ice Cream Suitable for Vegetarians & Vegans, Swedish Glace is also Dairy Free, Lactose Free & Kosher #;By Far & Away the Best Non Dairy Ice Cream We've Ever Tasted!#	
Helado de Pedro Ximénez	£4.95
Homemade Pedro Ximénez Ice Cream (Made Using Noé, 30 Year Old Vintage PX Sherry) Topped with Candied Walnuts	
Tarta de Santiago	£5.50
Galician Almond Tart, Served with Our Own Homemade Seville Orange Ice Cream	

Recomendamos / Our Recommendation

Tabla de Quesos	£7.50
Platter of a Artisanal Spanish Cheese. La Tradicion Semi- Cured Manchego Cheese, Vega de Llos Picos de Europa Valdeón Cheese (A Gold Medal Winner at the 2014 World Cheese Awards) & El Pastor Roncales Cured Roncal Cheese (A Silver Medal Winner at the 2014 World Cheese Awards)	

Usually Served with Spanish Olive Oil Biscuits, Please Ask For Yours to Be Served with Nairn's Gluten Free Oatcakes

++Perfectly Matched with a Glass of Pedro Ximénez (Noe, 30 Year Old Vintage) Sherry++

Menu sin Lactosa / Menu for those with Lactose Intolerance Para Picar / To Get You Going

Pan	£2.00 Por Persona
Home Baked Sour Dough Bread Served with a Trio of Dips- Señorío de la Mesa Extra Virgin Olive Oil, Beetroot Hummus & a Pesto Infused with La Tradicion Semi-Cured Manchego Cheese- Which, Obviously You Can't Have, But, We Have a Really Good Basil Infused Olive Oil in the Kitchen Too, So, Please Ask For Yours To Be Served With This	
Habas Fritas	£2.50
Crispy Roasted Broad Beans	
Kikones	£2.50
Crunchy Giant Roasted Corn Kernels	
Guindillas	£2.50
Pickled Spanish Green Peppers. An Aromatic, Enjoyable Heat	
Almendras de Valencia	£3.00
Salted Almonds from Valencia. Delicate & Sweet in Taste	
Banderillas	£3.00
Taking Their Name from the Torero's Spear, Banderillas are Small Skewers of Pickled Cucumber, Pickled Onions, Olives, Guindillas & Red Pepper	
Boquerones	£3.95
Artenaki Cantabrian Anchovy Fillets Marinated in Extra Virgin Olive Oil & White Wine Vinegar	
Aceitunas	£3.95
Home Marinated Spanish Gordal Olives	
Anchoas	£4.95
Utterly Delicious, Salt Cured, Artenaki Cantabrian Anchovy Fillets	

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Jerez: Palomino: 15%

¡Perfect with Olives & Almonds, Tio Pepe is the Ultimate Aperitif!

Cava (Marqués de la Sardana).....125ml Glass... **£5.50**

Cava: Xarello/ Macabeo: 11.5%

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Desde la Dehesa / From the Meadow

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Chorizo.....£6.75

#Our Chorizo is made by Martinez Somalo, a family company in La Rioja with over 100 years experience making Chorizo so- as you can imagine- it's ridiculously good, so, we kept it simple!#
Char- Grilled Chorizo, Dressed with Aji- A Spiced, Roasted Yellow Pepper Sauce

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Presa.....£12.00

Presa Sits Between the Top of the Shoulder & Beginning of the Loin of the Iberian Black Pig- it's an AWESOME Piece of Meat, That is Akin to a Fillet Steak. We Griddle it to Medium Rare & Adorn it With a Homemade Mushroom Ketchup

Desde la Mar / From the Sea

Pimientos del Piquillo Relleno de Ensaladilla.....£5.95

Roasted Pequillo Peppers Stuffed with the Traditional Spanish Russian Salad of Potatoes Bound with Mayonnaise & Enriched with Tuna & Egg

Chipirones Fritos.....£6.50

Lightly Floured, Crispy, Baby Squid, Dressed in a Garlic & Herb Infused Olive Oil

Dorada.....£8.50

Pan Fried Fillet of Sea Bream That is Usually Topped with our BRILLIANT Manchego Cheese Infused Pesto, but, Please Ask for Yours to be Topped with The Same Basil Infused Olive Oil We Recommend to Have With Our Sourdough Bread

Gambas.....£8.95

(4) Large Tiger Prawns. Char- Grilled in Their Shells

#Ok...so...you've gotta peel them, but, trust us, these Prawns are so good that everyone in the room will be ordering them too when they see yours!#

Recomendamos/Our Recommendation

Ceviche.....£9.95

Thinly Sliced Fillet of Sea Bass, Cured with Citrus & Topped with Red Onion, Mango & Pomegranate
#Please be aware that this dish is cured, rather than cooked, so, if that doesn't sound quite like your thing, we'd most definitely recommend our Dorada dish from the top of the page!#

!Please Turn Over for More of Our Lactose Free Dishes!

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Desde el Campo / From the Land

Berenjas con Miel	£4.95
Aubergine Crisps, Drizzled with Honey	
Alcachofas	£5.50
Artichokes Tossed with Sun-Dried Tomatoes, Black Olives & Thinly Sliced Gherkin. Drizzled with Basil Infused Olive Oil & Balsamic Vinegar	
Pimientos de Padrón	£5.95
Spanish Green Peppers, Pan Seared & Adorned with Maldon Sea Salt #¡Beware some are HOT!#	
Ensalada de Aguacate y Garbanzos	£5.95
Fanned Avocado & Roasted Chick Pea Salad. Dressed With Red Onion, Toasted Almonds & Sesame Seeds & a Homemade Balsamic Reduction	
Potaje de Garbanzos	£6.50
Roasted Mediterranean Vegetable & Chick Pea Stew, Enriched with Moorish Spices	
Espárragos y Cebolletas	£7.50
Asparagus Spears & Whole Spring Onions, Char Grilled & Adorned with Romesco Sauce (an Almond & Red Pepper Sauce from Tarragona in Catalunya) Our playful take on the Catalan festival of Calçotada	

Para Acompañar / Extras

Patatas Bravas	£3.50
Crisp, Red Rooster Potatoes Topped with Bravas (Spicy Tomato Salsa)	
Patatas a lo Pobre	£3.95
Pan Fried, Thinly Sliced Potatoes, Tossed with Onion, Garlic & Peppers	

Postres / Desserts

Helado	£4.50
Swedish Glace Vanilla Ice Cream Suitable for Vegetarians & Vegans, Swedish Galce is also Dairy Free, Lactose Free & Kosher #¡By far & away the best non dairy ice cream we've ever tasted!#	
Tarta de Santiago	£5.50
Galician Almond Tart. Usually Served with Homemade Seville Orange Ice Cream, But, Please Ask For Yours With Swedish Glace Vegan Vanilla Ice Cream	
Churros con Chocolate	£5.50
¡Sugared Spanish Pastries That Are Usually Accompanied By a Molten Hot Chocolate Dipping Sauce- Please Ask for Yours To Be Served with Golden Syrup Instead! (It's Just as Good!)	

Cafe / Coffees & Teas

¡We always have Soya Milk/ Oat Milk in the restaurant so we can make any Coffee that you'd like with either Soya or Oat Milk instead of cows milk, please just ask!

¡End of Lactose Free Menu!
¡End of Intolerance Menu!